

BODMIN WAY

NEWSLETTER - JUNE 2020

Introduction and welcome

We went into the lockdown united and will only emerge amidst disagreement. You will have heard this said across the media. And we can see signs of it. When should schools go back? How much social interaction should there be? How can workers be protected?

The tension between lives and livelihoods is not easily resolved. Safety is only relative. We shall have trade-offs that feel distinctly uncomfortable.

How should we support one another through this rocky road ahead? It would be better if Bodmin was able to take steps in relative unison rather than in fits and starts. So, we shall want to talk openly together. If some activities start up again, people will want to know how safe they are. If people are congregating, we shall want to see the requisite social distancing in place.

When its hard to understand why and how things are happening, the level of tension in our town will grow. Let's use the pages of this newsletter to explain. Not just to explain, but also to promote. We want to preserve livelihoods and do our best to ensure that lives are not put at risk.

Revd Paul Holley

Team Rector, Bodmin Team Ministry



In this issue we say thank you to more individuals, organisations and volunteers who are enabling life to carry on during lockdown.

**PREVIOUS NEWSLETTERS
- CLICK HERE**

CONTACT US

We would be pleased to help

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Team office (currently closed)

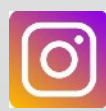
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SOCIALISE

You can keep in touch with news and events from Bodmin Way on FaceBook and Instagram.



www.Facebook.com/BodminWay

www.Instagram.com/BodminWay

SUBSCRIBE

If you have been sent this newsletter via email then you are already in our mailing list.

For any additions or changes please email Dave the editor at News@BodminWay.Org

SUPPORTING HEALTH CARE

WITH PPE EQUIPMENT



Keeping them safe award

Do you have PPE at home or in your business that you might be able to donate to frontline workers in Cornwall? If so please go to www.cornwallppe.org where you can tell us where you are and possibly set up collection - once we get it in we distribute it to frontline workers for free!

If you are a frontline worker or work in a care setting that needs PPE then you can also place a request via our website!

We are also on Facebook @CornwallPPE and Twitter @CornwallPpe

Nichola Sherriff

Volunteer working with Volunteer Cornwall

Update from Chris Lee

Last month Chris was recognised with the keeping them safe award. Here is an update from him:

“ I have been busy as ever supplying more people with the much needed PPE. So far roughly 500 face shields and over 1000+ ear savers have been printed and donated to hospitals, doctors, nurses, paramedics, healthcare workers, care and nursing homes, key workers and various departments at Treliske Hospital.

I'm currently working on a few large requests for people looking to return to work as the lockdown eases but who are conscious of the continued risks of Covid-19. I continue to do my best to meet all requests and are taking them daily!

As always, this is a donation funded thing so any and all donations are welcomed and go directly back into ensuring I am able to carry on doing this for as long as needed. Thank you to everyone for your continued support. Here is a [link](#) for any donations, thank you so much. Take care & be Safe”.



SUPPORTING FAMILIES



Activities for children

Eight years ago the Bodmin Team of Churches Mission Group decided to fill prettily covered shoe boxes with activity items for the children of local families on low income. The initial idea was that the contents would be helpful in keeping young people occupied, amused and educated during the long school Summer holiday.

The boxes are taken to Social Services for distribution by the Family Assessment team and Children's Disability team who are very grateful and have found a myriad of ways to help the appreciative families use them. The first batch of 18 proved to be so popular that we have provided boxes at the beginning of July every year since and in 2019 managed to fill 28. They will be even more important this year as parents have had to educate and play with their children for a much longer time than usual and will need the extra stimulus that is provided.

The Social Services teams suggested we include toothpaste and toothbrushes, for those with poor dental

hygiene, so that parents can make cleaning teeth fun and not a chore, plus shower gel, soap and face cloths for those who go on a CHICKS break but do not have the required toiletries. Usually the boxes are filled with colouring pens, pencils, crayons and paper; magic painting, note, colouring and simple reading books; small toys; card games such as Happy Families and Snap; skipping ropes; coloured pipe cleaners; modelling clay; paints and brushes; sewing cards; glue sticks; puzzles; bubbles; etc. As some children possess few, if any, toys, we are assured that the boxes are greeted with delighted little faces and are used by Social Services to build self-confidence in children with fears and anxieties; to help parents with ideas for playing and making things with their children; to provide an opportunity for conversation about worries, wishes and hopes; to give distraction to siblings while focussing on one child; in teaching parents, who struggle with behaviour, to concentrate on the positive, by reward of an item from the box, rather than the negative of scolding.

The families are informed that the boxes are provided by Christians from the Bodmin Team of Churches. It is a valuable lesson in Mission and showing local families how much we care.

An appeal to all members of this Newsletter – please help us by providing empty shoe boxes and activity items. In this period of social distancing, they can be left in my porch (9 St. Mawgan Close, Bodmin, PL31 2BW) or I will collect from your doorstep if you would be kind enough to telephone 01208 79640. Should I be in the garden or out on my walk, please leave a message and I will get back to you. Thank you.

Pam Sloan



Many organisations have provided fantastic resources to entertain families with children. Find these and more at www.BodminWay.Org/Families

YOUNG PEOPLE

SUPPORTING THEIR DEVELOPMENT

Home learning

Cornwall Council have created some [home learning resources](#) to support young people, parents and teachers. There are some great opportunities to stay involved with climate change and STEM - from citizen science projects to talks and webinars.

10 ways to get involved with Climate and STEM at Home



Explore the Planets Diversity



Take Part in a Science Project



Support Nature



Innovate and Invent



Join an e-STEM Event



Learn or Improve Your Coding Skills.



Find Out More about Climate Change



Join The POD



Explore the FREE resources on STEM Learning



Discover Chemistry at Home



Together for Families



Nature's Calendar

Join thousands of other people and let the Woodland Trust know what's happening to wildlife near you.

Take part in [Nature's Calendar](#) and help scientists monitor the effects of climate change on wildlife.

Recently recorded



Blue tit
First feeding young
12/05/2020



Horse chestnut
First flowering
12/05/2020



Oxeye daisy
First flowering
12/05/2020



Swift
First recorded
12/05/2020

CELEBRATING LIFE

PEOPLE ARE PRECIOUS



Beating the odds

The 84-year-old British explorer Robin Hanbury-Tenison returned home from hospital to his home on Bodmin Moor on May 4th after a 49-day battle against coronavirus in which doctors gave him a 20 per cent chance of survival.

Robin was discharged from the acute ward at Derriford to continue his recovery at home with online support from the medical teams. The secret garden at Derriford created by the ICU Physiotherapy team for patients to feel fresh air and sunlight and see flowers has played a huge part in his recovery. The tranquillity of nature at his home will undoubtedly provide huge support.

Read more in the [Times article](#) and listen to him talking about the secret garden on the [Today programme](#)

Our loved ones

Many of us will know someone who has been ill with the virus and we celebrate the life of all that have recovered.

We shall lose some of our family and friends during this period of lockdown, whether through the virus or in the natural course of things. In the absence of public funerals we shall make space in this newsletter to pay tribute to them.

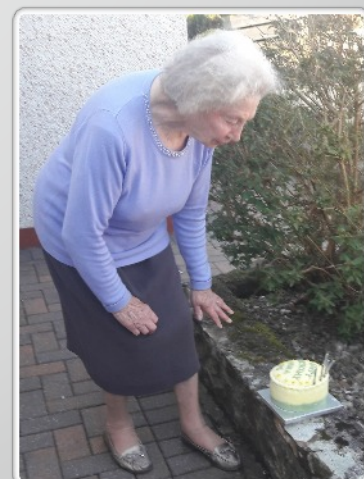
There is so much we discover about someone's life when it comes to an end. Well worth celebrating. Do please contact Dave our editor (news@bodminway.org) with a photo and up to 100 words to express your memories.

Norah Nicholls - 95

Norah Nicholls, the oldest member of Bodmin Inner Wheel, celebrated her 95th Birthday in April so a few other members visited her to sing happy birthday (socially distanced of course).

Margaret Hammond had baked a special cake.

Happy Birthday Norah!



HELPING LOCAL PEOPLE

SUPPORTING THOSE IN MOST NEED



Foodbanks

The Wadebridge Foodbank has seen a massive increase in demand from people in desperate need. During the first six weeks of lockdown demand was up by 80% when compared with the same period of 2019.

The good news is that there are now over 80 agencies and community groups who are helping to identify people in need and refer them to the foodbank which covers Bodmin, Wadebridge, Camelford plus surrounding villages.

While their hubs are closed volunteers are busy contacting people and arranging deliveries twice per week.

Demand is soaring, but individual donations are falling.

Emma Fowle, daughter of the co-founder of our food bank, Jacqui White, shared her diary of its journey during the initial part of the Covid-19 crisis in a [Guardian article](#).

Their website gives you all the information you need:

- [How to get help](#)
- [Covid-19 and list of referral agencies](#)
- [How to donate food or money](#)



Acts 435 'giving to anyone who has need'

Acts 435 is an online giving charity, directly connecting those who want to give with those who are in genuine need of their help, through a network of local churches and charities. There are numerous examples of people around Bodmin and the South West being helped by this charity. Learn more at <https://acts435.org.uk/>. Since November 2017 over £10,000 has been given to people in Bodmin.



BEREAVEMENT

THE CHURCH AND BEREAVEMENT DURING THE PANDEMIC

Following Government guidelines, our church buildings are closed at the moment. This means worship, baptisms, weddings and funerals cannot take place in Church. It does not mean that the clergy have stopped working; they are working and are available to **everyone**.

Although funerals cannot take place in Church they are still going ahead, with immediate family in attendance, at the crematory or grave side.

A priest has permission to attend the service at the crematory for burials or cremations and can be contacted through the Funeral Director or through direct contact with the clergy.

A priest is there to offer support, comfort and prayers.

This is for **everyone** and not only for those who have faith or have attended church.

Contact a priest and our bereavement listening service via
Revd Paul Holley:
07470 192378 /
paulholley@bodminway.org



More information and prayers can be found on the Church of England website. Click on the image below



When you cannot attend a funeral

A prayer:

Dear God,
Thank you for [name],
for all that they meant to me and to others.
I so wanted to say goodbye,
to be alongside my friends and family.
Help me to know you are there,
Holding all my hopes,
Holding all those I love, especially [name],
And holding me this day.
Be close with your peace and hope.
Amen

LIGHT A VIRTUAL CANDLE

[CLICK HERE](#)



Our [website](#) contains further spiritual support offered by Bodmin Way and other organisations while we are all on retreat. Additionally our [wellbeing](#) page provides information to support bereavement.

CONNECTING PEOPLE

ENABLING HELP

WE  VE
OUR VOLUNTEERS

Lanivet Parish Community Centre

A group of volunteers, organised by Barry Cornelius at the Centre, continue to provide great services for free and they are currently being well used.

- Prescription pick up and delivery from all local surgeries
- Transportation to appointments at surgeries and hospitals
- Delivery of shopping from Lanivet Spar

Their fantastic group of 25 volunteers operate in key areas acting as first points of contact, drivers and generally keeping a friendly watch on their neighbourhood area.

To give you an idea of the value of their service during April there were over 700 shopping trips / newspaper drops, 15 Doctors / Hospital appointments and 52 prescription collection and drop offs. More information on the contacts in Lanivet, Nanstallon and surrounding areas can be found on their [website](#).



Groups close to you

Facebook is very active with offers of help and people seeking help. If you are online then you can find:

- * Nanstallon community
- * Bodmin's Voice
- * Cardinham Calling
- * Lanivet Noticeboard
- * Bodmin COVID-19 Fighters

Find more at

<https://www.bodminway.org/groups>



The Fare Exchange Bodmin

In the last newsletter we featured the activities of two Bodmin shopkeepers Harry Deacon and John Lakey. With the support of [FareShare UK](#), who believe that no food should go to waste, they have now set up The Fare Exchange in Bodmin. This is a distribution hub that will provide help during these difficult times. [Find out more](#), get involved and give or receive support.

The fuller explanation of this great initiative is on the [Cultivate Cornwall website](#).

ENABLING YOUR WELLBEING

WITH EXERCISE

Exercising safely

Following the change in Government advice during May we are now starting to enjoy more freedom in outside activities.

The routes of the Bodmin Way can be explored and our beautiful outside places enjoyed. The current restrictions do not permit our Churches to be visited but the wonderful scenery surrounding our routes and villages are fantastic.

You may see our editor Dave out on his bike. The picture below was taken outside Cardinham church.



Lanivet Community Centre

The range of activities on the Outdoor Court has been extended to all sports normally played on the court including Tennis, Basketball, Netball and Football. In light of Government guidance the court is available subject to the following conditions:

1. *All sessions must be pre-booked (call 01208 832684 to book)*
2. *Only one session can be booked at a time (to allow equal access)*
3. *Tennis can be played either-*
 - 3.1 *Singles by 2 individuals not necessarily from the same household*
 - 3.2 *Doubles by people from the same household*
4. *All other sports – either one person or if more than one they must be from the same household*
5. *Only people taking part in activities are allowed inside the Games Area*
6. *Adherence to public health guidance regarding social distancing, sanitising equipment, and hand washing*
7. *The building will remain closed.*

This facility will be free to use at this time but will be subject to regular review as lockdown restrictions ease.



SUPPORTING BUSINESS

IN LOCKDOWN

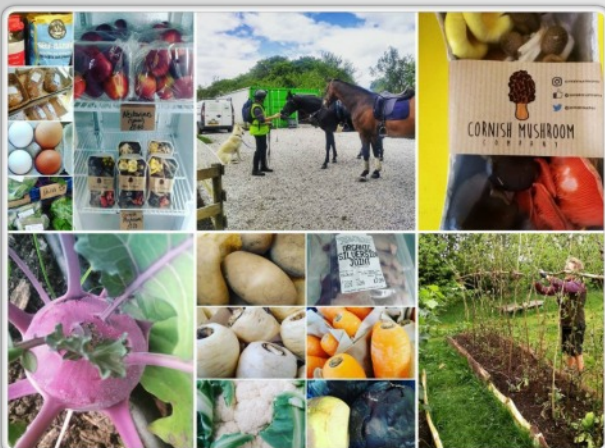


Baker Tom

The Baker Tom bread van has been visiting Cardinham and Lanivet on Mondays but their gorgeous produce is also available at a number of farm shops. Visit their [website](#) to find out more.

Real Food Garden

Not far from Victoria Services in the locality of Inches you can find the delights of the [Real Food Garden](#). Not only do they have a farm shop but also the best way to get hold of their produce is through a local box scheme which contains a selection of seasonal veg that varies week-to-week. It's your chance to support local, sustainable agriculture, be in touch with where your food comes from as well as enjoying delicious, nutrient-dense veggies.



We STILL all need cake!

Kayleigh is still very busy supplying cakes and other goodies. You can find her at Huckleberries on [FaceBook](#) or call 01208 367020. Having a birthday or just need cheering up? I can recommend her cakes!



Puddle Farm

Another excellent farm shop, only a short drive away in Lanlivery, is [Puddle Farm](#).

Fowey Farmshop

Established this year and the home of organic mushrooms, the Cornish Duck company and another lovely [farm shop](#) can be found off the main road towards Fowey (Nearly opposite the turn to Golant).

GOING ABOVE AND BEYOND

FOR GOOD CAUSES

Epic 500 lap challenge

A young hero came to our attention - here is what her mother Gemma Wotherspoon had to say:

Jasmine who is 10 is cycling 500 times around the green {Kay crescent} which works out about 117 miles.

It was a joint idea to do the challenge and Jasmine suggested raising money for the NHS and I said to also donate to

Cornwall Air Ambulance. In mid May she has completed 292 laps which is over half way.

My son Ryan stopped Breathing in 2016, we had 3 ambulances outside and the Air ambulance landed on the green that Jasmine is cycling around. We have had many ambulances in the past due to asthma attacks and every time have had excellent care and also in Treliske.

Her target is £500 for both charities Below are her just giving pages [NHS: Help Our Heroes](#) and [Air Ambulance](#).



History repeats itself.

A poem written in 1869 by Kathleen O'Mara:

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely
healed the
earth
Just as they
were healed.

*Photo taken
during Spanish
flu pandemic*



HEROES

IN OUR COMMUNITY



Maia Kimpton

Maia's plant stall in Nanstallon has been well supported in recent weeks and she wants to thank everyone who contributed. She raised an incredible £320 for skincare products for our local NHS staff. Bodmin Nursery showed great generosity in providing Maia with such lovely plants and B Skincare provided almost 100 jars of gorgeous hand cream, foot cream and muscle rub that Maia took up to Bodmin Hospital on the 18th of May.

Ladies of Bodmin Inner Wheel

Sandy Melmoth, was listening to Radio Cornwall and heard an urgent appeal for Wash Bags for NHS staff to carry their uniforms home to wash. Terri Young contacted other ladies from Bodmin Inner Wheel who swiftly set about making 50 bags using whatever fabric they could find and delivered them to Bodmin Hospital and some of our local Drs Surgeries.



Imogen Louise Craze

During April Huckleberries Bodmin recognised some local heroes and made them some cakes which were well deserved - here is one of the winners.

"I want to nominate Imogen Louise craze ! She is a self employed home carer ! She has been working everyday supporting her very scared clients in their homes, she's been doing all their shopping and sitting with them reassuring them as best she can !

She's a big character around Bodmin and not only has she been caring for her clients she's been looking after her friends and family including her grandchildren (with another grand baby on the way). She lives on her own so is finding it hard emotionally behind closed doors ! She's such a beautiful soul that gives her whole heart

Thanks Imogen, you are awesome!"



BEAUTIFUL PLACES

TO BRIGHTEN YOUR DAY

Set amidst town and village, Bodmin Way has five beautiful churches with a rich heritage

CARDINHAM CROSS

While taking your lockdown exercise why not have a good look at the wheel-headed cross outside the south porch of St Meubred's church, Cardynham. We have many crosses. What's so special about this one? It is one of the best in England. If you can, examine it when the sun is low, when you can see clearly the knotwork, scrolls and plaitwork. When the sun is low all the curls will come to life.

Andrew Langdon says in Notes from Stone Crosses of East Cornwall (in Bodmin library) "This is perhaps the finest sculptured cross of its type in Cornwall. Until 1872 this cross head and shaft were built into the external wall of the chancel along with a second cross head. The 2 cross heads had been positioned below the chancel window while the cross shaft acted as a quoin stone set horizontally across the wall just above the plinth. Clearly by the 15th century they were no longer revered as religious monuments or were no longer fashionable. Through the efforts of the rector Rev Gerald Hyde Smith, rector for just 3 years from 1870-1873, the monuments were rescued and erected in the churchyard."

Can you decipher the remains of a commemorative inscription on the southern face of the shaft? The face is divided into 3 panels inscription in Saxon lower case letters reading "ar thi +."

On 17th January 1942 a bomb was dropped on the north side of the church and parts of a second four

holed cross were discovered but no one knows what happened to it. Can anyone throw any light on its whereabouts?

Our cross dates from the 9th century. Cornwall was still then an independent kingdom. This kind of cross with a ring is widespread in areas influenced by Irish missionaries. The earliest examples are in Ireland and around Iona in Scotland.



This was a time when the Saxon kingdom of Wessex was expanding westward and then later, when the kingdom of Wessex was fighting for its life against the Danes. In 875 (maybe 871) Dumgarth king of the West Welsh was drowned. He may be the same person as the Doniert whose stone is near Minions. In 878 King Alfred of Wessex defeated the Danes at Ethandun. In 926 King Athelstan established the Cornish border on the Tamar. In 981 St Petrocs monastery at Padstow was sacked by Vikings. They ravaged the entire coast again in 997.

This cross dates from difficult and dangerous times, when death and destruction were everywhere. In our own difficult times its reassuring to know our ancestors have met and survived all kinds of disaster and created such beautiful things as this cross for the glory of God despite their troubles.

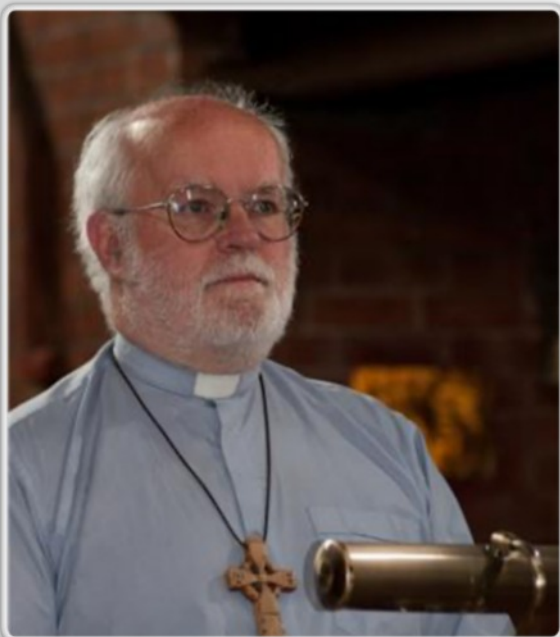
CHURCH NEWS

Introducing a new minister

I am delighted that bishop Phillip has agreed to my appointment as focal minister for St Meubred's Cardinham.

"Janet and I moved to a cottage on the edge of Cardinham Woods when I retired from being Rector of Wadebridge. Over the last 18 months we have enjoyed worshipping with the congregation at St Meubred's and I have joined with Lizzie Smart and others doing Open the Book at the school. In terms of ministry my twin passions are care of creation and pilgrimage."

I have enjoyed helping Barbara Brittain and others establish the Bodmin Way pilgrimage route. Janet and I both grew up in villages and enjoy gardening and walking the dogs. We also keep chickens and a small but noisy flock of guinea fowl. We have 4 children and three grandchildren and have greatly missed family gatherings during the current lockdown. I look forward to continuing serving the community in the years ahead".



REVD JOHN HEReward



Church services and prayer online

Sunday worship has never been easier! Just sit back, turn on your computer, tablet or phone and tune in to the Bodmin Team Ministry Youtube Channel. We film various elements of the service during the week and compile them for broadcast from 9.30am on a Sunday morning. Many of our members are now filming themselves saying prayers or reading from the bible. Some fine-looking gardens often form a beautiful backdrop.

Tune in to one of the following to view our services:

www.bodminteam.church

www.bodminchurch.com

[Facebook: Bodmin Team Churches](#)

Not simply satisfied with a weekly service, our various ministers are producing short 'thought for the day' slots. Many of us have more time to reflect on our faith at this difficult time. Check out these stimulating bite-sized devotions on our websites and facebook page.